

# Meal Card Information Sheet for Staff

## English

**\*\* The information sheet is to provide CHAs with recommendations for participants on how to improve their plate. Remember to ask questions like: Is half the plate fruit and vegetables? Are there any whole grains on the plate or with the meal? Is there too much or too little protein in the meal? Are they healthy proteins? Where's the dairy and what kind of dairy? Whole milk, low fat or nonfat dairy products. Is there too much salt/sodium in the meal?**

- 1. Eggs, bacon, sausage & toast:** Have bacon or sausage, not both or just leave them off the plate. Exchange white bread for 100% whole wheat bread. Make half the plate vegetables and serve the meal for dinner. Add a bowl of fruit or have 6 ounces of 100% orange juice. Drink low fat or non fat milk.
- 2. Toasted oat cereal & milk:** Add berries, bananas or other fruit to the cereal or have a 6 oz glass of 100% juice. Make sure the milk is low fat or nonfat. Add chopped walnuts, almonds or a boiled egg to the meal to increase protein. It's ok if the morning meal doesn't have vegetables all the time.
- 3. Oatmeal with raisins:** Add more fruit to the meal or the cereal. Go ahead and add chopped walnuts or almonds for some protein. Drink some low/nonfat milk or have an 8 oz carton of low fat yogurt.
- 4. Cheese, ham & asparagus omelet with fruit:** Use a naturally lower fat cheese like Swiss or mozzarella. Leave off the cheese and have an 8 oz glass of nonfat milk. Leave off the ham to lower the salt/sodium; the eggs provide plenty of protein. Have more asparagus or another favorite omelet vegetable.
- 5. Cheeseburger, fries, onion rings & strawberry shake:** Eat only half the burger and leave off the fries & onion rings. Make half the plate cooked or raw vegetables; try a baked potato. Replace the shake with low fat milk and have a piece for fruit for dessert. Try a whole grain bun or bread.
- 6. Grilled cheese sandwich:** Use naturally lower fat cheeses like Swiss and mozzarella. Eat half the sandwich and fill the rest of the plate with some favorite raw vegetables. Switch to 100% whole wheat bread. Have a piece of fruit like apples, oranges or pears.
- 7. Peanut butter & jelly sandwich:** Leave off the jelly and add sliced bananas, apples or dried fruits. Try 100% whole wheat bread. Add carrots, jicama, celery and orange slices to the plate. Have some low fat or nonfat milk. Instead of milk, try a carton on low fat yogurt.
- 8. Roast beef & mashed potatoes with gravy & peas and carrots:** Make the roast beef a little less than a quarter of your plate and go light on the gravy. Leave off the mashed potatoes and have a vegetable salad or try a baked potato instead. Add whole grain brown rice or pasta. Eat some fruit on the side. Drink low/nonfat milk.
- 9. Breaded chicken, peas & mashed potatoes:** Eat less chicken and be sure to bake, broil or grill it. Add some whole grain brown rice. Leave off the mashed potatoes and have a baked sweet potato instead. Mix up the vegetables; try peas, carrots and onions. Have a mixed green or fruit salad. Drink some low/non fat milk.
- 10. Spaghetti & meatballs:** Try whole grain pasta and bread. Add sautéed vegetables to the pasta sauce like carrots, broccoli and zucchini or have a mixed green salad. Go light on the salt/sodium in the pasta sauce. Try sliced fruit for dessert. Leave off the cheese and have a glass of low fat or non fat milk.